



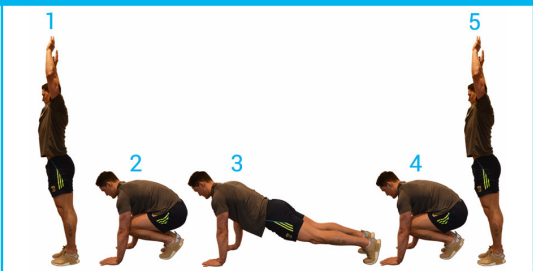
with Lee Chin



Friday Week 4 - The Works

2 x 7 Minutes

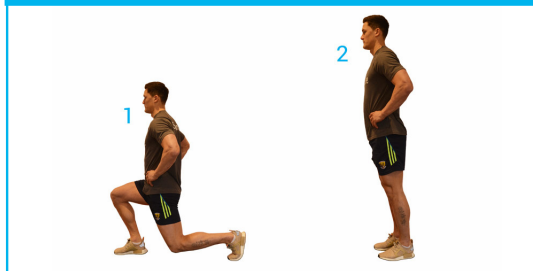
Burpee **12 reps**



Push ups **15 reps**



Lunges **15 reps per side**

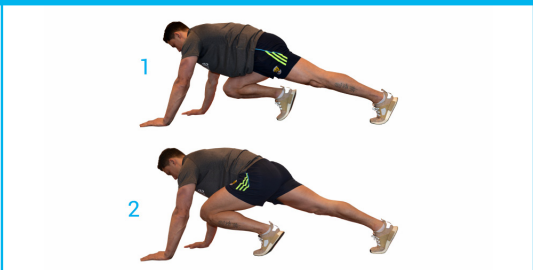


Squats **15 reps**

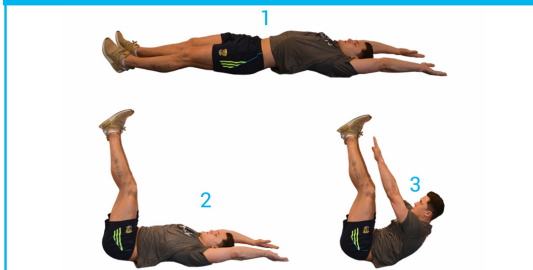


2 x 7 Minutes

Mountain Climbers **15 reps**



Jack Knifes **15 reps**



Skipping **100 reps**



Plank **30 secs**

